

thecollegian

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Former adviser reflects on semester

By ERIKA BAKER
THE COLLEGIAN

After 10 years of working as the K-State Student Union program adviser, Ben Hopper changed roles as the director of Greek Affairs at the start of this semester.

Hopper grew up only 30 miles from Manhattan in Leonardville, Kansas, which fueled his passion and decision to go to K-State. He was involved in the marching band, Ag Communicators of Tomorrow and with the board for the K-State Student Union, among others.

Following graduation, Hopper worked as a lobbyist in Topeka, but eventually drifted back to the Manhattan. On his return, Hopper joined K-State's Union Programming Council as the program's adviser. Many students may know him as the man who sent out emails every week about upcoming shows and concerts put on by the UPC.

"Before I knew him, 'Ben Hopper' was just a name on a weekly email from the Union, but after becoming friends with Ben through UPC, he has become a life-long friend," Hannah Henning, K-State alumna and social media manager for Acme Global and former UPC colleague, said.

Hopper and Henning worked closely together with UPC bringing comedy acts to K-State including Aziz Ansari, Brian Regan and Tig Notaro.

"Working with UPC was a lot of fun, I was able to meet awesome people and bring cool events to K-State," said Hopper, who shared that he had the opportunity to hang out with Joel McHale from "The Soup" when he came to K-State. "We still keep in touch and I was able to go to his show when I was



CASSANDRA NGUYEN | THE COLLEGIAN

After 10 years of working as the K-State Student Union program adviser, **Ben Hopper** changes roles as the director of Greek Affairs. As director, Hopper and his team work with the Greek Community.

in (Los Angeles) with friends."

After 10 years of working for UPC, however, Hopper decided he needed a change.

"I struggled with applying for the Greek Affairs job because I had such a great experience with UPC," Hopper said.

Hopper saw this new opportunity as a way to grow and experience something that would push him out of his comfort zone.

As director of Greek Affairs, he heads the team that goes above and beyond for the greek students. Though the office is short staffed considering how large K-State's greek community is, Hopper said the staff does an incredible job.

Although Hopper wasn't a member of a fraternity in college, he did join the fraternity Delta Sigma Phi as an

alumni initiate at the age of 30 in 2010.

"I was never really recruited to join, that's why I believe now it's important for chapters to reach out to people even if they never considered being in a greek house," Hopper said.

Before joining as an alumni initiate, Hopper was brought on as Delta Sig's standards board adviser in 2009. According to Hopper, he learned so much about the men and the chapter during his time as adviser that they wanted him to join them as a member of the house.

"I would say the best part of my job is working with students and the worst part is working with students," Hopper joked.

He said being around students all day is fun and they keep him young,

CONTINUED ON PAGE 14, "HOPPER"

Check out the FINALS GUIDE Pages 7-14

compiled by Kelsey Kendall

RCPD raises money for Special Olympics

According to a Riley County Police Department press release, on Tuesday the police department participated in "Tip-a-Cop" at Texas Roadhouse in Manhattan. Police officers worked with the restaurant's regular staff, and all tips were donated to the Special Olympics of Kansas.

Many officers will also participate in the Polar Plunge on Feb. 21, 2015 and the Kansas Special Olympics Torch Run.

College of Architecture, Planning, Design recognized as top 10 in nation

According to News and Communications Services, America's Best Architecture and Design Schools by DesignIntelligence, placed K-State's College of Architecture, Planning and Design in the top 10 nationwide for the interior architecture and product design graduate programs, which placed seventh, and landscape architecture graduate program, which placed eighth. The list was determined by surveys taken by professionals in architecture and design that asked which schools better prepared their newest employees for work.

"There is a sense among the students and faculty to raise the bar," Tim de Noble, dean of the College of Architecture, Planning and Design, said.

De Noble said he feels that the students and faculty in the college put great effort into making their research and projects even better. According to de Noble, the faculty in the college not only meet accreditation requirements, but also meet the college's standards of excellence that help achieve its goals.

"It's just wonderful," de Noble said.

For de Noble, it is very significant for the college to be figured prominently among many other colleges across the nation, especially due to K-State's size and location. He said that recognition such as this normally goes towards more of the coastal schools, rather than the Midwest.

Undergraduates get to research cancer

According to News and Communications Services, 46 undergraduate students have been chosen to participate in research with the Johnson Cancer Research Center. These students receive a \$1,000 award while working with their mentors in laboratories during the spring semester.

Wren Michaels, senior in microbiology, is participating in research with the center for the third year. To Michaels, her past research in antiviral proteins is relevant to the cancer research at the center.

"I love working with the cancer center," Michaels said.

Michaels said she feels this is good experience for her before graduate school and is a good addition to her resume.

CONTINUED ON PAGE 14, "BRIEFS"

Progression of construction on football facilities

By JENNY JIROVEC
THE COLLEGIAN

Kansas State University's Bill Snyder Family Stadium is in the process of undergoing major physical enhancements. Phase III of the stadium is currently under way. The ground was broken Nov. 29 and substantial completion is set for the 2015 football season. Mortenson & GE Johnson are the official contractors on site for the sports project.

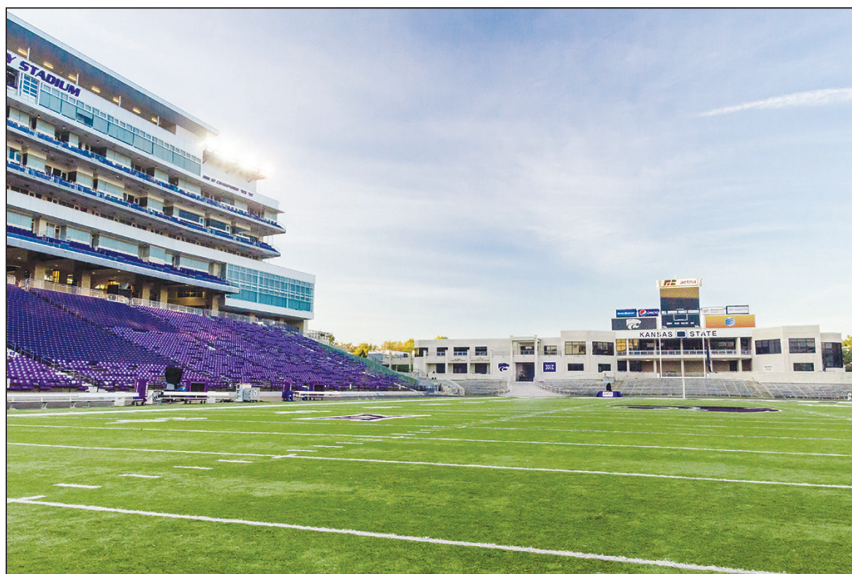
Allen Troshinsky, vice president of operations at Mortenson & GE Johnson, confirmed that with only 232 days left to finish the project – it will be completed before the 2015 season.

"It's a pretty challenging project with only finite timing during the off-season," Troshinsky said. "We are absolutely confident that it will be completed on time."

According to the K-State Sports website, the new Vanier Football Complex will allow the Wildcats "more than double the amount of space for student-athletes and coaches, providing access to world-class resources, equipment and facilities and creating a more cohesive and efficient experience to train, study and compete."

"From a fan standpoint there is going to be new stands off the north end zone, a new northwest terrace area and a new video board in that northwest corner," Adam Hardy, construction executive at Mortenson & GE Johnson, said.

In September, Hardy moved with his family to Manhattan from Arizona to work on this project for K-State. Hardy said that he and his team are driven to getting this job done on time for K-State.



PARKER ROBB | THE COLLEGIAN

Following the 2014 football season, K-State Athletics plans to tear down the present Vanier Complex, which was built in 1972 and renovated in 2007. Construction on Phase IV of the Bill Snyder Family Stadium master plan, will include a new Vanier Complex and a completely-enclosed lower stadium bowl.

"My family and I, we committed to Manhattan and to this job," Hardy said. "K-State has really welcomed us with open arms, it's really been a pleasant experience."

In addition to the north stadium expansion, attached to the stadium will be a new training center that has an Academic Learning Center and a Strength and Conditioning Center for athletes involved in all 16 sports, according to the K-State Sports website.

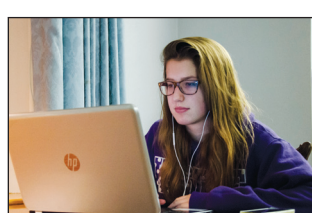
According to the K-State Sports website, "The completion of Phase III of the Bill Snyder Family Stadium Master Plan will further solidify the university's place as a prominent force in the Big 12, and aid in

attracting, retaining & training high quality recruits from across the nation."

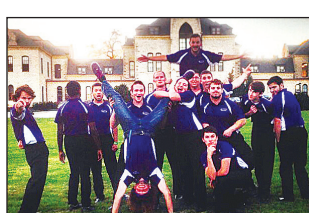
"The improvements will be beneficial to the university and the football program," Amy Wellford, senior in human resources, said. "It will allow more K-State fans to attend the games and it will be an amazing experience coming back as an alumni next year to see all the great changes that will have been made to the Bill Snyder Family Stadium."

The Vanier Football Complex and North Stadium expansion will impact the daily experience of all K-State sports fans and athletes.

INSIDE



8 **Best study techniques to employ for finals week**



9 **The men of Cadence talk comradery**

Fact of the Day

K-State has graduation before finals week.

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12 Id counterpart
13 Talon
14 Between jobs
15 Home-owner's payment
17 Acute
18 Spud's buds
19 Reinforced, in a way
20 Incline
22 Emerald City visitor
24 Inlet
25 Actress Emily
29 Time of your life?
30 Long stories
31 Praise in verse
32 Casa-blanca denizen
34 Plumbing problem

35 Joel or Ethan of Hollywood
36 Singing ability (Sl.)
37 Get more magazines
40 Mediocre
41 Branch-leaf angle
42 Virtue
46 NFL Hall-of-Famer Marchetti
47 Micro-wave, e.g.
48 Ultra-modern
49 Undo a dele
50 Test the waters

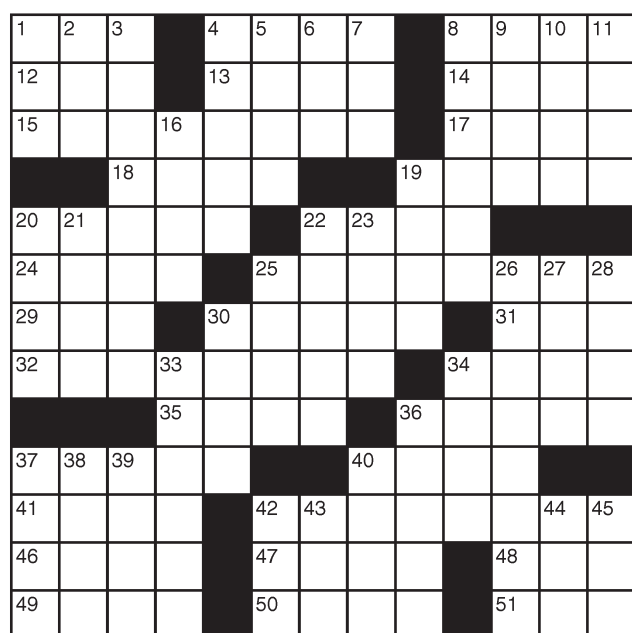
51 Wilde-beest
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1 Height of fashion?
2 Back
3 And
4 "NCIS" techie
5 "Sad to say ..."
6 Sharp turn
7 Ram's mate
8 Revealing swim-wear
9 Paradise
10 Merri-ment
11 Transmit
16 Work at the keyboard

19 Many, many
20 Hoodwink
21 Trade-mark symbol
22 Boston airport
23 Mideast nation
25 Spiked club
26 Transforming via CGI
27 Adams or Falco
28 Congress folks
30 Garbage barge
33 Feral feline
34 Use a rotary phone
36 Flat surface
37 Tatters
38 Egress
39 Baseball team
40 Raised
42 Do some yardwork
43 Eggs
44 X rating?
45 Second person

Solution time: 26 mins.

P	A	G	E	O	B	I	S	P	R	Y
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O	G	R	E	L	E	I	N	E	L	S
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Yesterday's answer 12-12



12-12 CRYPTOQUIP

OE ERD SXAWOID BCEDPCDE
WOQD, RSCHPK XOEPVCA OPD
VQQDPDZ WVYXIBYDCEOPK
XBD O IO YVZDY.

Yesterday's Cryptoquip: BEFORE THE TROOPS
ADVANCED TO BEG FOR HANDOUTS, THEIR
SUPERIORS GAVE THEM MOOCHING ORDERS.
Today's Cryptoquip Clue: O equals A

THE BLOTTER

ARREST REPORTS

Tuesday, Dec. 9

Stephanie Rae Yonning, of the 800 block of Moro Street, was booked for burglary, felony theft and criminal damage to property. Bond was set at \$10,000.

Dara Lynne Denton, of the 500 block of Bluemont Avenue, was booked for driving with a cancelled, suspended or revoked license. Bond was set at \$750.

Wednesday, Dec. 10

Daniel Jacob Berg, of the 400 block of Poyntz Avenue, was booked for driving under the influence. Bond was set at \$750.

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Letters may be rejected if they contain abusive content, lack timeliness, contain vulgarity, profanity or falsehood, promote personal and commercial announcements, repeat comments of letters printed in other issues or contain attachments.

The Collegian does not publish open letters, third-party letters or letters that have been sent to other publications or people.

CORRECTIONS

If you see something that should be corrected or clarified, call managing editor Jon Parton at 785-532-6556 or email news@kstatecollegian.com.

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Zits | By Jerry Scott and Jim Borgman



the FOURUM®

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The Fourum is a quirky view of campus life in voices from the K-State community. Positive and humorous comments are selected for publication by the Collegian marketing staff.

It's called dead week because if you do it right you should be walkin' like a zombie when it's all over.

On a Wednesday dude... Really...

I'm still trying to figure out why dead week stresses me out more than finals week...

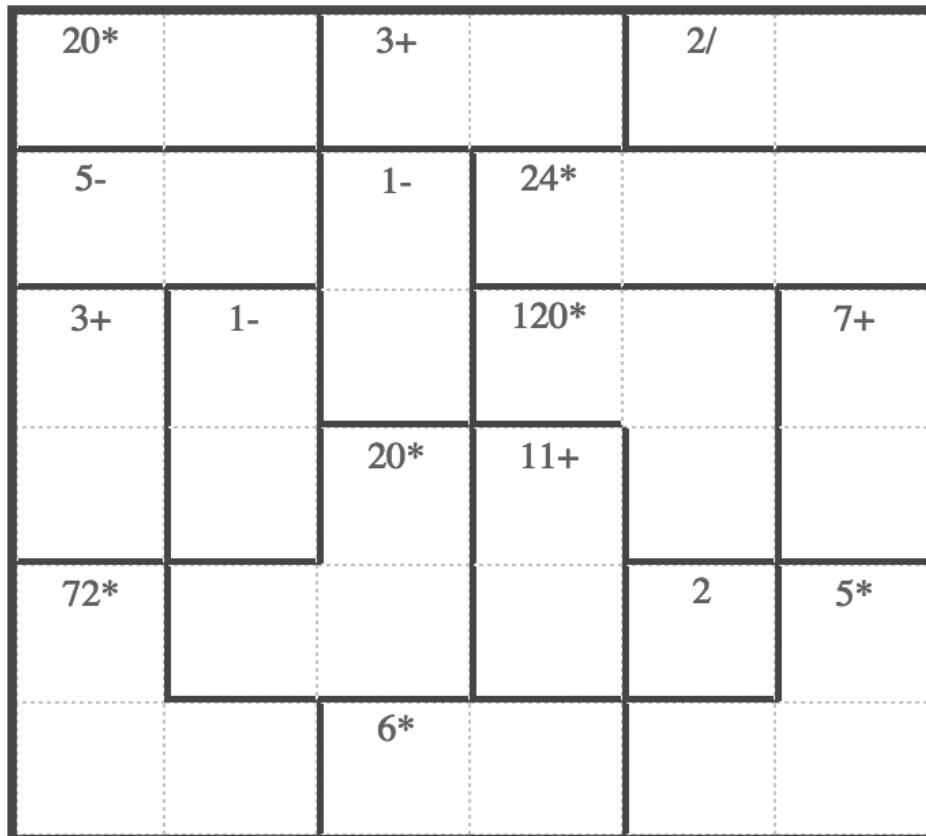
Studying for finals? Nope, will finish season 7 of True Blood by crying my eyes out and also halfway through Fullmetal Alchemist: Brotherhood.

I really hope my boyfriend was taking notes from that proposal guide... I'm ready to start planning our wedding already!

Editor's note: To submit your Fourum contribution, call or text 785-260-0207 or email thefourum@kstatecollegian.com. Your e-mail address or phone number is logged but not published.

KenKen | Hard

Use numbers 1-4 in each row and column without repeating. The numbers in each outlined area must combine to produce the target number in each area using the mathematical operation indicated.



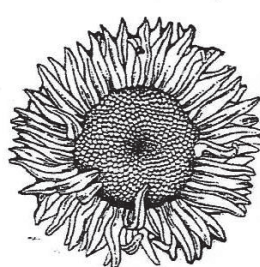
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Find at least six differences in details between panels.

WORD SLEUTH • GENERAL

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G R E L A T I V I T Y D B Z X
V S L Q O M K I G E R O T S E
R C E E K A Y Y W U E S L N Q
P E C N S O L L J H V L F O E
S F T C A O O Y B X I V U I S
T R I S Q P P L N M L M K T J
A A O H U C I R T C E L E A F
F N N T E C C B U U D S E I Z
F C Y X O V U T R P O D S V Q
P O O M L M K I H G I E D A C

Tuesday's unlisted clue: TUTOR

Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.
Wednesday's unlisted clue hint: LITTLE BIGHORN

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Aviation	Franco	Motors	Staff
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Election	Lee	Purpose	

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STICKELERS [sic] by Terry Stickels

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Let:
WARMER R = 2
+ WEATHER A = 9
SIMMERS H = 7
I = 0

Scratch Box

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			1			1		1
1		1	0					
	0							
1			1					1
0				1				1
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1								1

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Use the 15 tiles in this bunch to create words that fit into the grids below. The BANANA BITES provide hints. Reuse the tiles for each grid.

LEVEL

E M L W B L N
O N A Y U M I E

BANANA BITE:
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BANANA BITE:
Kind of people

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I WAS GONNA HIGH-FIVE YOU, BUT... NAHHH.

SA

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Readers should partake in multiple news sources

By TATE STEINLAGE
THE COLLEGIAN

Social media has taught us that everyone has a voice, an opinion to share and ideas on every issue. It has also taught us that very little matters outside 140 characters and the headline attached to a post. The two have formed an ugly new trend in the present-day journalism and Internet scenes, one that needs to stop.

As journalists, we hope to entice readers with catchy headlines — pull you in, inform you and, yes, cash in on ad revenue. This isn't "clickbait," however. David Grant of the Christian Science Monitor once told me, "It's not click bait if it's done tastefully."

He is right, catchy headlines are merely an avenue for websites to draw reader interest in a world

of information overload.

Unfortunately (or fortunately, depending on how you see it), clickbait is no longer a major issue. It has taken a back seat to a much more pressing and threatening issue for journalists: headline-reading only.

Following the announcement that Ferguson, Missouri police officer Darren Wilson was not indicted for killing 18-year-old Michael Brown, major news outlets took to Twitter with their respective stories. Less than a minute after many of the articles went up, hundreds and hundreds of responses flooded in. Comments ranged from civil discussion to sickening and blatant racism on both sides.

As I watched the number of replies skyrocket, I thought to myself, "None of these people actually read the piece."

Back on April 1, NPR pub-

lished an article on their social media channels with the headline: "Why Doesn't America Read Anymore?"

Comments included, "Because we are fat and stupid," "I read every day, sometimes many times" and many more.

But, when you clicked on the link and were redirected to the NPR website, you were met with a message:

"Congratulations, genuine readers and happy April Fools' Day!"

We sometimes get the sense that some people are commenting on NPR stories that they haven't actually read. If you are reading this, please like this post and do not comment on it. Then let's see what people have to say about this 'story.'"

The original post garnered nearly 2,000 comments, a majority people who simply didn't take

the time to click and read. That is inexcusable.

It is 2014 and a lifetime's worth of information is at our fingertips. A quick search on politics will draw you 831 million results. That is 831,000,000.

Not only is there an influx of information, there are sources from every angle of any argument known to man. There are no excuses why you should draw conclusions about a political story because of a news piece on a website with "democrat" or "republican" in its name. Again, it's inexcusable.

Twenty years ago, you had to bury yourself in encyclopedias to find even a fraction of the information we have now. Even then, you'd be lucky to round out an argument with information on various sides.

Today, we have the ability. We have the knowledge. Are we just

simply being lazy?

If so, no longer is that an excuse. My advice? Stop posting your thoughts based on knee-jerk reactions. Take the time and read multiple sites. Examine evidence. Even then, the best course of action may be to say nothing at all. But, should you, you will have the knowledge and the tolerance to form an opinion that isn't ignorant.

In today's day and age, ignorance abounds, but — and for the last time — that is not a just excuse anymore.

The views and opinions expressed in this column are those of the author and do not necessarily reflect the official policy or position of The Collegian.

Tate Steinlage is a junior in mass communications. Please send comments to opinion@kstatecollegian.com.

Letter to the Editor: "We are more" urges deeper thought

I thoroughly appreciated the letter "We are more" that was in the Dec. 5 edition. I am currently in a course in which we discuss issues in the media, and this letter did a wonderful job of highlighting many key points we have discussed in class this semester.

The first five lines in and of themselves brought up so many different points that are often ignored. Many people in our society have people sequestered into groups based on things such as race and gender. However, as the letter states several times, we are all more than these things. It struck me especially when it was said that we should "value the narratives of every person's life."

Through the course of this semester, I have become more aware of issues that are seen in the media and also more insightful on the diversity we have at K-State. Although I'm sure there is still much that can be learned, I think everyone needs to take the time to reach out to those that are different than themselves. It allows for so much growth in yourself and awareness of everything around you.

Dakota Foos
Senior, marketing

Letter to the Editor

The article by Jenny Jirovec that was published in the Dec. 10 edition about studying abroad in China was very interesting and somewhat eye-opening. This is one of the first times I have seen mention of studying in China as opposed to somewhere in Europe and South America. As someone who is about to graduate, whenever I have heard about study abroad, China was not a country that was frequently mentioned. We have many international students here at K-State that are from China, but I don't think many people ever have thought of turning the tables and studying in China. I think for many it would be quite out of their comfort zone to go to a country whose language is not largely taught here, but I think it is an opportunity that may be overlooked. We often talk in many of our classes about how big of an impact China has on so many things in our lives, but I highly doubt that many people have ever considered going there to learn more about the culture.

As a society, we can tend to be judgmental of those that don't fit what we consider our cultural norms, but at the same time, we don't always take the time to get to know those of others. This article encourages students to try something new and adventure to a country that will take them out of their cultural norms, and I am glad to see that stories like this one are making it onto the pages of the Collegian.

Dakota Foos
Senior, marketing

Motherhood forced me to build lasting relationships

By ARIEL CROCKETT
THE COLLEGIAN

As with every major life change, there is a moment of reflection. Graduating from college is one of those changes where you reflect on your progress, and what you've learned the most in those four or five years. There comes a certain point in a student's education where they realize that although college is difficult, it's not constant — just a portal to success.

Studying, stressing, partying — those are the three primary functions of the traditional college student. But not for me.

According to finaid.org, non-traditional students aged 24-29, make up about 13.8 percent of undergraduate students pursuing a bachelor's degree. As a 24-year-old mother of one, I am included in that percentage.

Being a mother in college means that unlike the bulk of your counterparts, education comes second.

Fortunately for me, I've experienced both sides of the coin. Traditional and non-traditional student life are both totally different ways to experience undergraduate life.

Two years ago, I was the student that went to class and sat in the back, just close enough to the door so that

I could leave after lecture without holding a conversation with my professor. I was the student that emailed my professors when I had a problem because I was too intimidated to have a conversation face to face. As oxymoronic as it sounds, I was also the shy student with dreams of becoming a writer and fears of talking to people.

However, something happened to me after I became a mom — the drive I'd always had somewhere in me kicked into high gear. In typical new mommy-fashion, I was too overprotective to put my son in daycare for the first year. It was just me and my boyfriend here in Manhattan and our little tag-teaming "system" we had when it came to watching our son.

That meant when he wasn't at work he stayed home with our son, and when I wasn't in class or at work, I was on baby duty. This also means my boyfriend and I had a lot of "take your child to work days" — or in my case, interviews for the paper and meetings. Because of this system, I had to develop a relationship with my professors and faculty. That resulted in many heartfelt conversations and in turn, they've become sort of my support system.

I wasted a lot of time and energy fading into the walls instead of building lasting relationships with my peers.

Yes, I went to parties and step-shows and plays. I went on roadtrips and experienced spring break in Florida and made lifelong friends during internships. I also experienced dating my high school sweetheart and the spontaneity of going to opening nights of highly anticipated films before we became the typical "homebodied" parents.

So don't get me wrong, I've lived a full and eventful life before I became a mother, but I wasn't focused on the things that mattered at the end of the day; like building these lasting relationships and taking initiative to get things done — by any means necessary.

Fastweb.com's article, "The Best Ways to Get to Know Your Professor," stresses the value of building those relationships with your professors stating, "... strong bonds with professors can lead to mentorship, letters of recommendation and sometimes job opportunities."

I can admit that before becoming a mom, I wasn't interested in developing relationships with my professors until one day I noticed; I was no longer the girl walking around campus with just an overstuffed backpack.

I was now the woman, marching around campus with baby in tow ... plus the overstuffed backpack and my

pen and notebook in hand looking for a story. I'm now the woman taking initiative in the newsroom and having the confidence to have those dreaded conversations like privilege and equality.

I was the student taking her child to advising meetings and getting him familiar with a college campus before he's familiar with a video game controller. I've evolved into the woman who reads her son the chapters of her textbooks as a bedtime story. In the last two years, I grew from being the girl that faded into the walls, to the woman that stops in and has two-hour long conversations about life, with her professors.

I say all this to say, motherhood in college has not been easy and forced me to change for the best in so many ways. But the biggest lesson I've learned overall is that, motherhood without an education is not an option I've created for myself.

The views and opinions expressed in this column are those of the author and do not necessarily reflect the official policy or position of The Collegian.

Ariel Crockett is a senior in journalism and mass communications. Please send comments to opinion@kstatecollegian.com.

Letter to the Editor

I just wanted to take a moment to thank the Collegian for starting to cover important topics in the news. As a public relations major and women's studies minor, I look more critically in the way the media presents information. I have read a lot of previous letters to the editor, and am pleased to say that I do see improvement in the paper.

It is important that we not only keep stories relevant and interesting, but also make use of our titles as journalists and what have you, to ensure we send out valuable and correct information. I hope the Collegian continues to broaden their stories, dig deeper and not be afraid of relaying the raw truth.

Maria Flowers
Senior, mass communications

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PAT BOSCO
DEAN OF STUDENTS

Frankly, when I was a K-State student, I never looked forward to final exams. I was an average student who had to work extra hard to make a little above average grades, but here are some things to consider.

Remain focused with “a time on task” approach. Use the excuse of studying to reduce distractions (turn off your cell, stay off Facebook). It’s ok to study in short bursts... cramming really does not work (sorry).

Over doing sugar treats and caffeine might not be as helpful as you would think. Do not let one question on any exam effect your ability to answer the next question. Do something nice for yourself after each exam (think moderation). Celebrations should be after all exams are done. Good luck and go cats.

Pat Bosco
Dean of Students



APRIL MASON
PROVOST AND SENIOR VICE PRESIDENT

Dear Students,

Congratulations on a terrific fall semester! I hope you enjoyed your classes and I wish you the very best on your upcoming final exams. Remember to believe in yourself and your hard work, and be proud of your accomplishments. Your dedication in the classroom, across campus,

in the community and beyond is remarkable, and for that I say thank you.

May you have a safe and happy holiday!

Sincerely,
April C. Mason, Ph.D.
Provost and Senior Vice President



JOHN CURRIE
ATHLETIC DIRECTOR

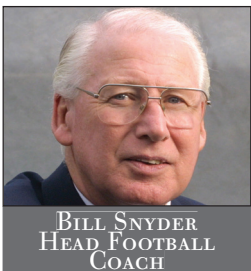
Students,

On behalf of K-State Athletics, I want to wish you the best of luck during your upcoming finals as you close out the fall semester. We thank you for your unwavering support of K-State Athletics and know that the same passion and intensity that you consistently show at Wildcat sporting events will also carry over into the

classroom as you take one more step toward earning a degree from Kansas State University. You truly are the best students in America!

Again, best of luck during finals and we hope you have a safe and wonderful holiday season.

Sincerely,
John Currie



BILL SNYDER
HEAD FOOTBALL COACH

I want to wish you good fortune during finals week, but we all know success on your exams is about more than luck. But I would hope that each of you would do well

and achieve that which you desire. And, indeed I believe you can and will if you are well prepared.

As I suggest to our players, the foundation for success on the football field is laid long before game day and that if they prepare and practice as well as they possibly can, they have every right to believe that they will succeed on game day. I believe that holds true in anything we do, including the classroom.

We know final exams can be difficult and take a great

deal to prepare for appropriately, but hopefully you will be motivated to do so. It may take a few years to totally realize the value of your investment in your academic achievement, but that day will come.

Wishing you continued success and good fortune,
Bill Snyder

P.S. And, thank you so very much for being such wonderful members of our “football family.”



REAGAN KAYS
STUDENT BODY PRESIDENT

Dear fellow K-Staters,

Finals week is here once again. Whether this is the end of your first semester at K-State or you’re a veteran exam taker, we wish you the



CODY KENNEDY
STUDENT BODY VICE PRESIDENT

best of luck. Although you’re probably running high on stress and low on sleep, power through and finish strong.

Don’t look at finals week as a hassle or a threat to your grades; look at it as an oppor-

tunity to show what you’ve learned throughout the semester. And finally, keep an eye on the light at the end of the tunnel. After all, our Cats get a chance to cap off a great season with a statement win over UCLA in the Alamo Bowl in just a few weeks.

Good luck, and hang in there!

Reagan Kays,
student body president
Cody Kennedy,
student body vice president

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AMETH 560: The Intersection of Race, Ethnicity and Identity Development on Lesbian, Gay and Bisexual Students
AMETH 560: Racial and Ethnic Profiling in America
AMETH 560: Top/Misrepresented: Race, Class and Gender in Media
AMETH 560: Education Across Cultures
ARE 300: CAD in Engineering and Construction
CE 690: Top/Industrial Environment Sustainability Practices
CNS 629: Tilt-up Concrete Structures in Construction Management
CNS 634: Building Systems Commissioning
COMM 465: Communication and Conflict
DANCE 205: Dance as an Art Form
DANCE 380: Musical Theatre Dance
DEN 300: Intro to Total Quality Management / Six Sigma
DEN 398: Problems/Engg and Tech: Hazwoper Training

EDCEP 502: Stress Management
EDSEC 230: Early Field Experience
ENGL 295: The Bible Fictionalized
FSHS 300: Becoming an Effective Parent
FSHS 300: Adolescent Substance Abuse
FSHS 300: Understanding Debt and Credit
FSHS 303: Developing Intimate Relationships
FSHS 305: Family Violence
FSHS 660: Marriage Preparation and Enrichment
GEOG 100: World Regional Geography
GEOG 100: Earth in Action
GERON 610: Seminar/Long-Term Care Administration
GRSC 601: Practicum in Bakery Technology
GRSC 910: Analytical Bread Test Baking Lab
IAPD 406: Bath and Bathing Fixture Design
IAPD 406: Morphology Analysis with Case Studies on Asian Architecture

KIN 592: Sport and Exercise Personality
MANGT 300: Intro to Total Quality Management / Six Sigma
MANGT 497/897: Achieving Career Success
MC 112: Web Communications and Society
MC 505: Supervision of School Publications
MC 589: Travel and Tourism Public Relations
MKTG 496/891: Relationship Marketing
MUSIC 171: Inventing the Future: Underground Rock: 1968-1993
PLAN 699: Planning in Pop Culture
PSYCH 590: Cross-Cultural Psychology
RRES 200: Wildland Fire Management
SOCIO 635: Sociology of Human Trafficking
WOMST 500: LGBTIQ Sexuality and Motherhood

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Aiming for better offensive output against Savannah State

By TATE STEINLAGE
THE COLLEGIAN

K-State men's basketball will look to distance itself from one of its worst shooting performances in recent memory this weekend against a struggling Savannah State squad.

The Wildcats and Tigers will tipoff from Bramlage Coliseum Sunday at 5 p.m. A victory would give K-State back-to-back wins for just the second time this season and the first in nearly a month, ironically the last time they played consecutive games at home.

"It's definitely going to be important to get on a win streak right now," sophomore guard, Marcus Foster, said Tuesday after K-State's 50-47 win over Bradley. "It's just going to keep carrying momentum, just like last year when we went on that 10-game win streak that carried over to conference play, which was good for us. It's something we know that we can do, we just need to do it. I think we're going to make it happen."

Savannah State enters 3-7, fresh off a 31-point loss to No. 20 Miami and former K-State point guard, Angel Rodriguez, on Monday. The Tigers are in the middle of a tough five-game road stretch, which began with a 46-point loss to Indiana. They will play four teams from Power 5 conferences in all on the road trip.

The Tigers have struggled to score the ball through 10 games this season, averaging just north of 50 points per game. Sophomores Alante Fenner and Saadiq Muhammad lead the team in scoring at 8.7 points per game. Fenner is a lengthy guard at 6-feet-5-inches who also contributes on the boards with 4.4 rebounds per outing.

K-State made 12 field goals Tuesday against Bradley, which tied for the third-fewest in school history and the lowest since posting 11 against Nebraska in 2006. K-State has shown signs of a talented and even high-scoring offense, but have been held to fewer than 20 points in the first half of their last two games.

"I don't think we have an iden-

tity," head coach Bruce Weber said. "But we got to figure something out. I think mentality we all thought it would be offensively, we have better weapons offensively. It's come to fruition, three or four games we scored pretty well, but the other ones we haven't."

Weber also challenged his team's defense ahead of Sunday's game. K-State held the Braves to 34 percent shooting from the field, but gave up easy buckets down the stretch to give Bradley a chance on the game's final shot.

"We have to keep guarding," Weber said. "You can't have breakdowns defensively, especially when you get tired. We have to be more patient on offense so we know what everyone can do. We just have to keep getting better."



RODNEY DIMICK | THE COLLEGIAN

Senior forward **Thomas Gipson** pops up a shot on Nov. 17, at Bramlage Coliseum. Gipson made 21 points in the game against UMKC.

Lady Wildcats look to reverse memories against Wichita State

By GRANT FLANDERS
THE COLLEGIAN

With memories of last year's 69-46 loss in mind, K-State heads to Wichita tonight to make up for its struggle against the Shockers last season.

The game will tip at 7:05 p.m at Charles Koch Arena. The Wildcats are in the midst of a six-game winning streak and the Shockers (5-2) haven't lost in their past three games

K-State is going into the game looking to keep up their defensive dominance behind leading shot blocker forward, Breanna Lewis. The sophomore averages 3.5 per game and the team as a whole ranks second in the conference with 6.5 per game.

With 12.7 steals per contest, the Wildcats lead the Big 12 in that category. All things added together, it contributes to a nation-best scoring defense that sits at 45.7 points per game. Opponents are only shooting 29.4 percent.

The Wildcats will be

tested by a high powered Wichita State offense that has three scorers averaging double-digits. Senior guard Alex Harden leads the way with 14.9 a game. She's coming off of a 20-point, 11-rebound performance against Arkansas Pine-Bluff on Friday, Dec. 5.

Behind Harden is junior Michaela Dapprich, who is averaging 14.1 points per

game while shooting just over 50 percent from the field.

To finish out the leading scorers, senior Jamillah Bonner is third in scoring for the Shockers at 13.7 points per game.

Wichita State has played and beat two Power 5 conference teams in their last three games, routing Ohio State 70-55 and Clemson 63-48.



GEORGE WALKER | THE COLLEGIAN

K-State guard **Haley Texada** goes around an Emporia State player for a shot at the basket at Bramlage Coliseum on Nov. 3, during the game against Emporia State. K-State defeated Emporia State 54-50.

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Finals Schedule

GROUP EXAMS

Examination Time	Examination Date/Day				
	December 15 Monday	December 16 Tuesday	December 17 Wednesday	December 18 Thursday	December 19 Friday
7:30 AM - 9:20 AM	ACCTG 241 ME 512 COMM 105 COMM 106	ACCTG 231 FSHS 350 GRMN 121 GRMN 122 GRMN 221 GRMN 223 STAT 325	ECON 110 ECON 120 FREN 111 FREN 112 FREN 113 FREN 211 FREN 313	BIOL 198 CIS 200 SPAN 161 SPAN 162 SPAN 261 SPAN 361	FSHS 110 PHYS 213
6:20 PM - 8:10 PM	CHM 110 CHM 111 CHM 210 CHM 230 MANGT 336	FINAN 450 ME 212 PHYS 113 PHYS 114	MATH 110 MATH 205 MATH 220 MATH 221	PHYS 115 PHYS 214	

OTHER EXAMS

Examination Time	Examination Date/Day				
	December 15 Monday	December 16 Tuesday	December 17 Wednesday	December 18 Thursday	December 19 Friday
9:40 AM – 11:30 AM	T 10:35 – 11:30	T 2:35 – 3:30	T 9:35 – 10:30	T 1:35 – 2:30	T 11:35 – 12:30
11:50 AM – 1:40 PM	W 12:35 – 1:30	W 8:35 – 9:30	W 7:35 – 8:30	W 9:35 – 10:30	W 10:35 – 11:30
2:00 PM – 3:50 PM	T 3:35 – 4:30	T 7:35 – 8:30	T 6:00 – 7:30	T 8:35 – 9:30	T 12:35 – 1:30
4:10 PM – 6:00 PM	W 2:35 – 3:30	W 11:35 – 12:30	W 1:35 – 2:30	W 3:35 – 4:30	W 6:00 – 7:30

Use the W designation:

- For classes that have one of the following meeting patterns: MTWUF, MTWU, MTWF, MWUF, MTW, MWF, MWU, WUF, MW, MU, MF, WU, WF, M, W, and F.
- Find the class meeting start time in the time ranges in the Examination Matrix.

Use the T designation:

- For classes that have one of the following meeting patterns: MTUF, TWUF, MTU, MTF, MUF, TWU, TWF, TUF, MT, TW, TU, TF, UF, T, and U.
- Find the class meeting start time in the time ranges in the Examination Matrix.

Classes with non-standard start times:

- Classes with non-standard start times and designated with either a W or T or in the list for W or T (see II., A. & B. above) will have term final examinations as designated in II. matrix above.
- Term final examinations for courses that begin before 5:00 PM and meet only once weekly will be scheduled according to the regular term final examination schedule.

Examinations for courses that begin 5:00 PM OR LATER

- Classes that meet only one night per week (M or T or W or U or F) will be examined during the final examination week at 6:20 PM – 8:10 PM on the night the class would regularly meet.
- Classes with multiple meeting nights that include Wednesday (MTWUF, MTWU, MTWF, MWUF, MTW, MWF, MWU, WUF, MW, WU, WF) or MU, or MF will be examined on Wednesday during the final examination week at 6:20 PM – 8:10 PM.
- Classes with multiple meeting nights that include Tuesday (MTUF, TWUF, MTU, MTF, MUF, TWU, TWF, TUF, MT, TW, TU, TF) or UF will be examined on Tuesday during the final examination week at 6:20 PM – 8:10 PM.

A look inside the Manhattan Public Library homeschool program

By ASIA UPTON
THE COLLEGIAN

The Manhattan public library hosts an after school program for kids that are homeschooled.

Rachel Carnes, a librarian, said that the program has been

running for two years. The program runs once a month, year round and gets a lot of community support.

Carnes said that the kids start at preschool and go all the way up to sixth grade. The kids all interact with each other.

"This kind of interaction helps bring kids in the library and gets their interest," she

said. Carnes said that it also helps the parents make connections as well.

Amber Kack, a librarian, also talked more about how collaboration and collecting is important because "it helps build friendships. The parents and the kids benefit from this program," she said. "

Carnes said that they chil-

dren do group projects while they are there. "sometimes there will be a theme centered around a book or a topic. The parents will sometimes let their children bring things related to the topic to share with the group," she said.

This month they had an Egyptian theme centered around a book called the Red

Pyramid. The older kids read a play script in front of their parents and the other kids.

The younger kids drew pictures, "Back when the Egyptians drew the murals they depicted their lives. the kids were supposed to draw out their lives today," Carnes said.

Raquel Guzman-Vargas,

parent to Carolina Vargas, brought in some interesting things they discovered while visiting Egypt in 2012.

"This is my first time bringing my daughter here and she is so excited to interact with other people and show the things she's learned," Vargas said. "I will definitely be bringing her back next month."

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EVERY FRIDAY

5 tips for surviving (and passing) your finals

By MICHELLE WEHKAMP
THE COLLEGIAN

There's no denying it; finals week can be a stressful and demanding time for all students. Now is the time that a semester's worth of hard work (or a week full of cramming) pays off.

So here are some tips that can help you prepare for and survive your final exams. After all, only a few exams stand between you and your winter break.

1. Get a good night's sleep

This one may seem like a bit of a no-brainer, but is often something that is easy to overlook, especially with the looming pressure to get hours of study time in.

"Developing a ritual at bedtime, maintaining the order in which you put on your pajamas, brush your teeth and things like that will help your brain train itself to signal to the body that it's time for bed," Dayna Northart, counselor with K-State Counseling Services, said.

Reading, checking emails, doing homework or anything besides sleep while in bed can also be detrimental to the quality of sleep.

"Your brain starts to pick up cues from its environment, and if it starts to associate your bed with something other than sleep, then when you get into bed it will think that other things will need to be going

on," Northart said.

2. Manage your stress

This can be hard to do when multiple exams are packed into one week (or sometimes a day), but your mental well-being is just as important as actually knowing the material that's going to be on the test.

"Be more aware of the present moment," Northart said. "This means not worrying about what happened during the day or worrying about what will happen tomorrow. Be where you are in the moment and know that right now you're OK."

A good way of getting in touch with the present moment is naming five things you see, hear or feel.

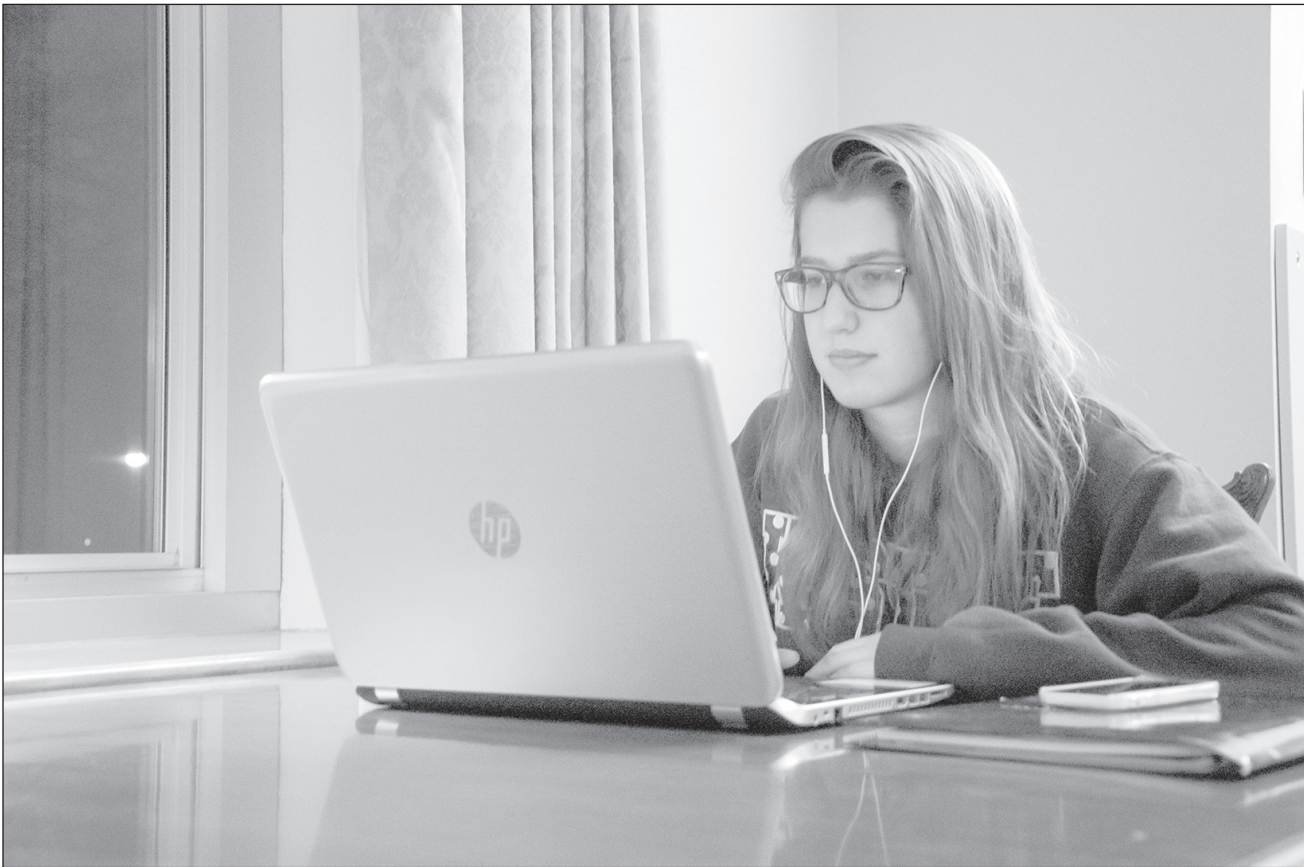
The first step to reducing stress in your life is determining the source of your stress and evaluating how you currently cope with that stress.

Northart suggests practicing diaphragmatic breathing to help you cope with stress. This means taking a deep breath in through the nose and exhaling through the mouth.

According to the American Institute of Stress, deep breathing increases the supply of oxygen to your brain and stimulates the parasympathetic nervous system, which promotes a state of calmness. Focusing your thoughts on breathing brings your awareness away from your worries.

3. Know what method works for you

Everybody studies differ-



Caitlyn Massy | THE COLLEGIAN

Earbuds in to block out sound, Rachel Wilkins, freshman studying biology, writes a paper in the Putnam Hall lobby on Thursday.

ently. Knowing which techniques produce the best results for you can be half the battle.

"I'm a flashcards person," Mary Privitera, freshman in open option, said. "Physically writing the information on the flashcard is great practice also."

According to Northart, smell is the sense most associated with memory.

"Peppermint is a very memorable smell," said Northart. "So if you study while sucking on a peppermint (stick) or wearing peppermint hand lotion, doing the same during a test can trigger your brain."

4. Time management

Finding the time to fit

studying into your schedule can often be more difficult than the studying itself.

"I like to study in small blocks of time, and study one subject on one day and then a different subject the next day," Devonna Lyons, freshman in open option, said.

Studying in small blocks of time allows you to take advantage of small time intervals between classes and maximize your study sessions. Plus, studying in small blocks of time can help you better retain the information.

Northart suggests studying for your hardest test first. This way, you can relax while studying for your other tests and are able to allow adequate

study time for those that are extra difficult.

5. Take care of your body

Taking care of your body by exercising and eating right can make all the difference.

"Go grocery shopping the week before you do your studying," Northart said. "This way you can plan your meals ahead of time and ensure that you will have the proper nutrition your body needs and don't have to cut into your study time to go shopping."

After being cooped up in the library studying all day, you can be left feeling foggy and lethargic. Getting your heart rate up through any type

of exercise is a great way to clear your mind, help you focus and increase your energy levels.

"Exercise can serve as a great study break, plus it can be easier to get back to it once I've taken a quick break," Hayden Woods, junior in computer science, said.

As finals week approaches, keep these tips in mind to keep that grade you've worked all semester to earn.

Michelle Wehkamp is a junior in mass communications.

Please send comments to edge@kstatecollegian.com.

The best places in Manhattan to productively study for finals week

By TANEYSHA HOWARD
THE COLLEGIAN

As finals inch closer, many students are scrambling to find a place to study on campus. During this time of year, Hale Library suddenly turns into one of the most popular destination at K-State.

If you do choose to study at Hale, Sara Kearns, associate professor and head of undergraduate and community services department for K-State Libraries, said it would be important for students to understand the library's study zones.

Kearns said the first and third floors (including the Harry Potter Room) are quiet study zones during finals. That means no conversations and any thing you are listening to on your headphones can't be heard by anyone

else. Because of this, the second and fourth floors – plus the 24-Hour study area by Einstein's – are perfect for group studying.

Kearns also said if you need silent study, the Hemisphere Room on Hale's fifth floor will be open Monday through Wednesday from 5 p.m. to midnight of finals week.

"Otherwise, it may be really helpful to get some earplugs or headphones to wear," Kearns said. "We do walk-throughs to help maintain the quiet study zones, but with the number of people in the building, it's impossible to maintain absolute silence."

According to the New York Times, cognitive scientists suggest that alternating study spaces is a more effective way to retain information. These scientists also said the memory is colored by location, and changing your study locations increases the likelihood

of remembering what you've learned.

Although Hale is a great place to study, sometimes it gets really busy – like during finals week.

"Every finals week is slightly different based upon when big exams are held (like Calculus or Chemistry 2)," Kearns said. "However, generally Hale is busiest on Sunday, Monday and Tuesday, and then it starts to ease up Wednesday. During any given day for Finals, we're pretty busy (from) 9:30 (a.m. to) 4 (p.m.)."

So, if you go to Hale between 9:30 a.m. to 4 p.m. and cannot find a place to study, below is a list of places that are also available and hopefully won't be as crowded.

It's better for your memory to switch locations anyways.

Radina's has one location on-campus and two locations fairly close to campus. The one in

the Leadership Studies Building is open Monday through Friday from 7:30 a.m. to 2:30 p.m. The one on the hill, located on Claflin Road, is open Monday through Friday, 6:30 a.m. to 7 p.m. and Saturday through Sunday, 7 a.m. to 5 p.m. The one available in Aggieville is open Monday through Friday, 6:30 a.m. to 10 p.m., Saturday from 7 a.m. to 11 p.m., and Sunday 7 a.m. to 6 p.m. Radina's in Aggieville also has free Wi-Fi.

"I like studying at Radina's because it's quiet, there is free Wi-Fi, it's not crowded and I really, really like their Snicker mocha," Angeline Ramirez, senior in clinical laboratory science, said. "The Snicker mocha is really delicious and it helps me stay awake. I need to stay awake because I plan on doing a lot of studying."

Bluestem Bistro, located in Aggieville, is another good study location. The coffeehouse has

free Wi-Fi too, and is open Monday through Sunday from 7 a.m. to 11 p.m.

The Manhattan Public Library, located on Poyntz Avenue, is open Sunday at 1 p.m. to 6 p.m., Monday through Thursday from 9 a.m. to 9 p.m., Friday from 9 a.m. to 8 p.m., and Saturday 9 a.m. to 6 p.m.

"What I like about studying at the public library is that everyone doesn't think of going there and it isn't crowded like Hale during finals," Monica Farfan, senior in animal sciences and industry, said. "Also there is a lot less noise to deal with. They also offer computers and conference rooms that you can use or reserve when you need to study."

If studying off-campus is too far for you, Kearns said she recommends checking out the Hale branch libraries. The Fiedler Engineering Library, located in Fiedler Hall, is part of

the Durland Hall engineering complex; the Math and Physics Library is located in Cardwell Hall; the Veterinary Medical Library is located in Trotter Hall and the Paul Weigel Library of Architecture, Planning and Design is located in Seaton Hall. All of these alternative libraries are good (and often overlooked) studying options.

"The (K-State Student) Union is open 24/7 for finals and the Alumni Center is open for extended hours for finals," Kearns said.

The on-campus locations may be more convenient but if they are crowded you can always try one of the off-campus locations. The off-campus locations have free wifi and a lot less people than on-campus. So whether you are studying alone or in a group, you should be aware of all of the places that you can study in Manhattan.



every day
on page 2
the collegian

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Ways to make smart snacking choices during finals week

By KATIE WATKINS
THE COLLEGIAN

During finals week, many K-State students are cooped up in Hale library for hours on end. In between your hours of studying, it's easy to reach for that candy bar in the vending machine or indulge in a sugary soda in order to stay energized. However, that sugar rush doesn't take long to expire and send you crashing. Here are three study snacks that are not only good for you, but won't leave you feeling sluggish afterwards.

1. Almonds

Almonds not only have nutritious fats that your body needs, but they are convenient to eat when you're studying and easy to grab at a moment's notice.

"I like eating almonds because of all the nutrients they contain," Margaret Baughman, junior in apparel and textiles, said. "I also like that they're low calorie and just a handful of them can fill you up and keep you focused for longer periods of time compared to junk food."

2. No bake energy bites

Not only are these a no brainer to make, but they are

perfect for a pick me up when you're feeling that afternoon lull. Gimme Some Oven, an online lifestyle blog, shares the recipe.

1 cup (dry) oatmeal (I used old-fashioned oats)
2/3 cup toasted coconut flakes
1/2 cup peanut butter
1/2 cup ground flax seed
1/2 cup chocolate chips or cacao nibs (optional)
1/3 cup honey or agave nectar
1 tablespoon chia seeds (optional)
1 teaspoon vanilla extract

Directions: stir all ingredients together, cover and let chill in the fridge for half an hour, once chilled roll the mix into whatever size ball you like, store them in an airtight container and keep in the fridge up to a week.

3. Veggies and fruit

You can't go wrong with these two, and they're both loaded with essential nutrients and vitamins. Dianna Schalles, dietician specialist for Lafene Health Center, said fuelling your body every three to five hours, this will help keep your blood sugar levels regulated



Sierra Grimm, freshman studying kinesiology, and Tyler Butterfield, freshman studying agricultural technology management, snack while studying in the basement of Van Zile Hall on Thursday.

which can help reduce fatigue. Just cut up your favorite veggies or fruit, pair it with your favorite dip like hummus or peanut butter, throw them into a plastic container, and eat up.

"Usually when I'm studying at Hale I'll bring carrots and hummus and keep them in a glass jar with the hummus at the bottom, that way the carrot don't all fall over and get messy," Wil-

ly Evans, senior in journalism and mass communications, said.

By making your own study snacks like the ones above, you can help squash the temptation to gorge on unhealthy food like

chips, candy and sugary sodas. When you indulge in the right kinds of food, your body will thank you and you'll feel more energized and ready to take on finals week.

All-male a cappella group brings students from all backgrounds together

By COURTNEY BURKE
THE COLLEGIAN

Cadence, the all-male a cappella group on-campus, has brought a unique twist to campus vocal groups since 1993. As they prepare for their fall semester holiday concert, which takes place tonight at 8 p.m. in All Faiths Chapel, they took a few minutes to reflect on what sets the group apart from other campus clubs and organizations.

"Cadence is unique because of what we do and who we are," said Marcus Grimes, senior in social science and international studies and Cadence music director. "We are the only all-male, student led a capella group at K-State and most of our members are non-music majors. In the past, we have had times were no one in the group studied music in school."

Cadence began as a section of the music department's male glee club, but quickly evolved into a separate, student-run organization so the men could have complete creative control. The men book private performances, manage rehearsals, balance a privately raised budget and organize their semester concerts on their own.

"I think it means a lot when guys take time out of their semesters to make Cadence a part of it," Grimes said. "Cadence gets the opportunity to perform at senior days and other K-State functions, which proves that a student-run organization can have an impact at K-State and represent the university, whether we sing for alumni, at local high-schools

or for incoming freshman."

Outside of taking care of official business, the group takes pride in the fact that one of their core values is accepting and taking care of one another. Travis Fritson, senior in architectural engineering and former Cadence president, said that the group members come before the music.

"There really is a bond that is hard to explain," Fritson said. "Perhaps it's because we all depend on each other so much to be successful, or because we know there is nobody in charge of us so we are all responsible for making things great. I'm not sure exactly what, but all I know is I always come out with an amazing group of friends each year."

Throughout the years many different men have come together to share their passion for music and found friends that they likely wouldn't have found elsewhere. Mark Ronning, sophomore in electrical engineering, said the men encourage each other to do their best each day and create something bigger and better than each individual member alone.

"I tried auditioning last year but as I was walking to the auditions I turned back because I didn't think they would like me," Adam Johnson, sophomore in bakery science, said. "I forced myself to audition this year and am so happy I did. Cadence has taught me to believe in myself. Many guys in Cadence are constantly telling me I am a lot better than I think I am, and just being in that environment helps me so much. Cadence also taught me to love myself because there will always be people there for you when you are in need."

With their concert com-

COURTESY PHOTO | THE COLLEGIAN

The men of Cadence goof around on the front lawn of Anderson Hall.

ing up and the semester ending members are experiencing a mixture of excitement and nerves. The concert includes holiday carols, solo spotlights and popular music from the radio that the men spend their entire semester rehearsing and creating vocal arrangements for.

"It is our best crowd of the year," Grimes said. "It's different due to the fact that everyone is there to just see Cadence perform. At most of our gigs, we are hired as entertainment for dinners, meetings and other events, but what makes the concert special is that everyone who bought a ticket wants to come see us perform."

The end of the semester concert also means preparing to say goodbye to graduating seniors. Some of the seniors have a semester left, but Fritson said the graduation nerves are already setting in for him. Saying goodbye to a group that he's been involved with for five years will be hard for him and for the members he's leaving behind.

"I will definitely miss the singing because that is always a blast, but mostly I will miss the opportunity to have such a great time singing with such great friends and getting to know all of them," Fritson said. "It's one of the most intense things I'm worried about missing when I graduate, because I know that chances are slim that I'll ever find anything like it again."



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Intentional study breaks promote productivity, combat harmful conditions



LINDSEY STAAB
THE COLLEGIAN

From garnering mental fatigue to vision problems, studying can be an intensive process. Intentionally taking intermittent breaks during your sessions can help you be more efficient with the time you spend, while counteracting the effects of sitting and staring at screens.

No doubt you've heard about individuals developing vision problems or headaches in conjunction with looking at computer, phone and tablet screens for extended periods of time. Between our social media usage, video viewing, texting habits and all but necessary use of computers in order to work, people spend a lot of time staring at screens and the artificial light they emit. Doctors now identify an issue that derives from this incessant usage -- Computer Vision Syndrome. Yes, it's a real thing and it can produce some particularly unfavorable side-effects that could potentially hamper your productivity.

According to the American Optometric Association, CVS encompasses a group of eye and vision-related problems deriving from prolonged computer use. Symptoms can include eyestrain, headaches, blurred vision and dry eyes. A variety of factors contribute to these effects, namely poor lighting (in the setting you're working in, as well as improper screen brightness settings), glare from screens and uncorrected vision problems. The association also states that individuals who spend two or more consecutive hours in front of a screen are at greatest risk for developing CVS and related problems.

Dr. Burt Dubow, senior partner at Insight Eye Care, has had patients ask for solutions for

problems associated with studying and prolonged, screen-using activities, such as tired eyes and sensitivity.

"(I) recommend taking frequent breaks (every 15-30 minutes) where you look at something real far away, like out a window, to relax your focusing muscles," Dubow said in an online Q-and-A. You should also make sure the lighting is correct for the activity you are doing -- bright for reading and a bit dimmer for computer work, with no glare."

So how can students prevent some of these problems while optimizing end of semester studying? One option is to take intentional study breaks. This means scheduling time away from the computer, textbook or work station in order to relieve some strain on your mind and body, using the opportunity to be productive in another fashion.

"I keep Facebook up and check it every 10 minutes," Kathryn Douglass, senior in biological systems engineering, said. "I also play Candy Crush and watch Netflix. We have dual monitors in the engineering department, so I just have one for fun and one for work. It takes me longer to get through it (work), but it keeps me sane."

Dance date

Take a few moments to shake out the stiffness and soreness, especially in the neck and shoulders. Almost any form of physical activity can relieve stress and improve the mood, according to Mayo Clinic. Even if it isn't dancing, find some way to get active. Go for a short walk, clean part of the house or pump out some pushups.

Snack sessions

At some point, you're going to need to eat. Though one strategy is to have your snack with you where you're studying, you'll better embody the goal to get active if you get up to get food. This can mean a walk to the vending machines; a stroll to the kitchen to prepare something; or a jaunt for some fast food in town. Point blank, the change in scenery will refresh your mind

and the movement will get your blood circulating again. Plus, food.

Nap time

Short naps (20- 30 minutes) are recommended by the National Sleep Foundation to "restore alertness, enhance performance and reduce mistakes and accidents." According to the foundation, short naps provide these benefits without a residual feeling of grogginess or an interruption of your regular nighttime sleep. So find a quiet place to put your head down, relax and rejuvenate.

Laugh away your losses

There will be plenty of instances in which you realize you've not accomplished nearly as much as you'd planned. Whether this is due to lack of focus or materials taking longer than anticipated to review or complete, we all fall short somewhere, at some point. Laugh it off. This doesn't mean excusing wasted time or dismissing the consequences -- you simply let go of what you can no longer change.

Take five minutes to enjoy an entertaining video, appreciate the camaraderie of your friends also suffering through studying, via Snapchat or read some jokes. The work will still be there when you get back, but this short segment can help elevate your mood through released endorphins, ease your mental state, stimulate circulation and promote relaxation of the muscles. All of these aid relief of certain physical symptoms of stress and will ultimately contribute to better work when you resume, just be sure not to get carried away. It should go without saying that binge watching stand-up comedy for three consecutive hours likely won't help you on your finals.

Lindsey Staab is a senior in mass communications. Please send comments to edge@kstatecollegian.com.



CASSANDRA NGUYEN | THE COLLEGIAN

Sarah Krueger, junior studying animal science and microbiology, Kelly Livingston, junior studying early childhood development, and Megan Meadows, sophomore studying business, take a break from studying to chat with Community Assistant, Kacey Braun, junior studying childhood education, on Thursday in Van Zile Hall

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Semester in pictures



Dancers perform dance act “Bamaya” at WinterDance rehearsal in Mark A. Chapman Theatre on Wednesday December 3.

CASSANDRA NGUYEN | THE COLLEGIAN



HANNAH HUNSINGER | THE COLLEGIAN
Hope Faflick, senior in political science and international studies, hugs new Zeta Tao Alpha member **Regina Basse**, freshman in international business, at Bid Day on the evening of Friday, Aug. 22 on Anderson lawn.



EMILY DeSHAZER | THE COLLEGIAN

Tuba players sing and dance to “The Band is Hot” while performing in front of Varney’s Bookstore for the Aggieville 125th celebration on Sept. 20.



PARKER ROBB | THE COLLEGIAN

Bailey Snyder, sophomore in nutrition and kinesiology, dribbles into her attacking third past **Cipriana Sapien**, sophomore in business administration, right, and Anna McVicker, freshman in animal sciences and industry, left, during the Women’s Club Soccer team’s practice Wednesday evening at Old Stadium.



GEORGE WALKER | THE COLLEGIAN

Kaylee McIlvaine, freshman in environmental design, cuts foamboard for a simple space model in Seaton Hall on Oct. 6.



HANNAH HUNSINGER | THE COLLEGIAN

Women of Alpha Delta Pi laugh after pushing each other into the mud following a winning match at the Sigma Kappa annual Creek-wide Ultraviolet Mudbowl tournament to benefit Alzheimer’s research. Sunday, Sept. 21. This year’s winners were Alpha Delta Pi and Beta Theta Pi.



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Find creative ways to celebrate the end of finals outside of Aggieville

BY KATIE WATKINS AND
BRADIE ARMSTRONG

THE COLLEGIAN

Depending on your finals schedule, you may or may not experience the following symptoms of finals week: you can't remember when you showered last, you've worn the same sweatpants for three days in a row or depending on what year you are ... you've completely stopped caring all together. Either way you may find yourself wanting to hit up Aggieville and forget you ever had finals in the first place.

Instead of abusing your wallet and liver, here are some healthier ways to recuperate and celebrate the end of finals.

Hike Konza

After sitting in the library and staring at your computer screen for hours on end, it's easy to feel antsy. Instead of power walking to the bars, try the Konza Prairie Nature Trail.

"There's something that makes me feel so zen when I reach the top of Konza, it's definitely one of my favorite things to do to not feel as stressed," Shelby Rouse, senior in family studies, said.

Have a lazy day

After spending countless hours huddled over books and study guides, feeling exhausted after the last test is normal. You're physically worn out, and what better way to reward yourself for tireless dedication than

with a lazy day?

Grab some popcorn or ice cream and few good flicks so you can spend a whole day laying around. Invite some friends to join you and make a blanket fort. Make a promise not to move an inch except to restock snacks.

Spending time zoning out will help you relax and recoup after such a stressful week.

Try something new

Have you ever tried the rock wall at the Chester E. Peters Recreation Complex? Are you interested in tasting sushi for the first time? Whatever idea pops into your head, let that be your reward. You most likely have participated in countless hours of monotonous reading and homework over the last few weeks, and you're dying for a change in routine. Mark the end of finals week with a new experience as your prize for such dedication.

Netflix

No matter how many TV series you may watch during finals week in order to procrastinate studying, there's still always more to watch.

"I know the first thing I'm going to do after finals, is binge watch episodes of 'Buffy the Vampire Slayer' and not even feel guilty about it," Everett Haynes, graduate student in regional and community planning, said. "After that week, I deserve it."

Let's be real: watching Netflix is cheaper and healthier than a night out in Aggieville.

Ice Skate

With December upon us,

nothing celebrates the end of the semester more like ice skating. Grab some friends, bundle up and hit up the indoor ice rink at City Park in Manhattan. It costs \$3 per person with a \$3 rental fee for skates, plus it's exercise and a great way to start off your winter break.

"Ice skating always helps me let loose especially after finals," Hannah Yeoman, sophomore in biology, said. "It's pretty easy to do and it's a no-brainer and after finals I don't want to use my brain."

Host a potluck

You'll soon be on your way home for the holidays, away from many of your friends. End the week before break by hosting a potluck meal. Have everyone bring his or her favorite side dish (or pick it up from WalMart) and get together for a final feast. Cherish these last few moments together and be thankful that exams are over but the food and friendship isn't.

Once finals are over, you may feel like spending all of your free time at the bars. In all seriousness, remember that moderation is key. Treat your body and mind like a machine and try to give it the proper rest that it needs especially after the craziness of finals. This will help you feel recharged and prepared to take on the next semester.

Katie Watkins is a junior in mass communications and Bradie Armstrong is a freshman in mass communications.

Please send comments to edge@kstatecollegian.com.



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Study applications, websites to utilize for studying during finals week



LINDSEY STAAB
THE COLLEGIAN

As finals draw nearer, the time for studying and extreme focus has arrived. With the stress of final grades and materials to memorize before test day on students' shoulders, figuring out how best to study and cram should be the least of all concerns. Fortunately, there are several study websites available online to help with that process.

Here are some of the top picks:



StudyBlue- Free use of StudyBlue allows a user to connect with classmates, create quizzes customized to specific study material, track progress, set reminders and make study aids. StudyBlue also provides space to upload notes and make study cards from a computer, smartphone or tablet after downloading the application from the Apple App Store or Google Play. StudyBlue Pro costs \$4 a month, includes all the same features of the free version, advanced study features, more materials and is advertisement free.

To start with StudyBlue, a user is required to sign up by Facebook, Google+ or email, identify if they are a student, teacher or lifelong learner, their school and courses they are interested in studying. This will create a virtual backpack

— the user's hub of operations and where their tools and files are stored.



Khan Academy- Khan Academy is unique in how it is structured compared with some of the other websites. This nonprofit site hosts a library of content, which includes interactive challenges, assessments and videos, for free. It is geared more towards learning about specific topics rather than reviewing them, so if a student needs to completely relearn a topic, this would be more appropriate than some of the other options listed here.

From the homepage, users may choose to delve right into a subject of their choice,

including all of the core topics (English, math, science, etc.), as well as talks and interviews, test prep and more. After signing in with the standard Facebook, Google+ or email accounts, users choose an avatar to represent them on the website. Clicking on a subject will take you to another page where subtopics can be sorted through, self-assessments can be taken to help determine what level of learning you're at. Progress is measured in a variety of forms and is displayed with graphics and percentages.



OpenStudy- With OpenStudy, students have a variety of study options. They may ask questions and receive answers from other students in a

live chat or connect with other students studying and learning about the same subjects and topics, to form an online study group.

To get started, a student need only to select a subject, which range from health sciences to computer science, physics to writing. Doing so allows the user to see how many members belong to that subject, how many are online and how many questions have been asked. This provides a sense of how active that subject or particular topic is and whether it is worth accessing. From there, open and closed questions can be viewed and other members are made available to contact.



Quizlet- Another site that requires a login, Quizlet takes you right into the action after sign-up. Users are directed to a

personal page where they can create their own flashcards online and join or create a class to study with peers. They may also download the corresponding application in the Apple App Store and Google Play.

The functions of the site are pretty basic, but sometimes simple is best. At the very least, students won't have to walk around with crumpled up flashcards in their backpacks. Those who really want to invest can upgrade their account for \$15 per year for additional features such as image uploading, voice recording and the exclusion of advertisements.

Whether you're in need of simple note memorization tools or an overhaul of a subject, these resources are bound to help in one way or another. Invest a little time (or money) now to help reap finals week rewards.

Lindsey Staab is a senior in journalism and mass communication. Please send comments to edge@kstate-collegian.com.

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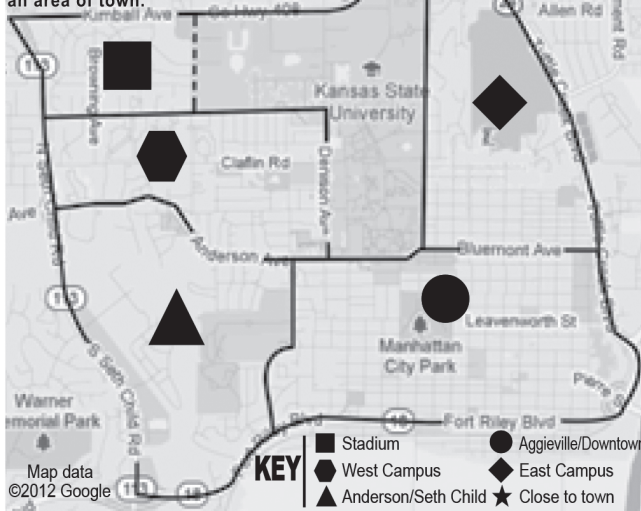
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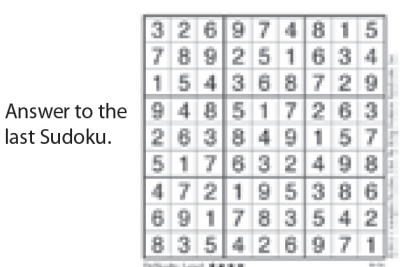
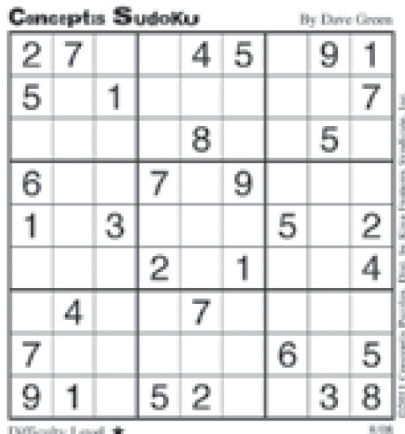
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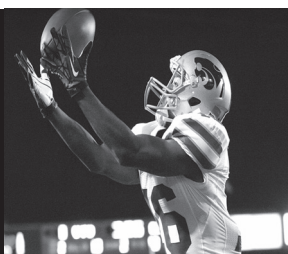
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Professors provide survival guide, tips for final examination success

By JENNY JIROVEC
THE COLLEGIAN

It's December and the semester is just about over. Standing between you and your winter vacation are the dreaded final exams. The exams that determine whether you go home happy or instead, are constantly wondering how you did.

Follow these professors' tips for acing your final exams to ensure that you go home this winter break full of holiday joy.

1. Cancel out any distractions

Julia Keen, associate professor of architectural engineering and construction science, said she suggests truly focusing and canceling out other distractions while you study for your final exams.

"Eliminate all distractions when studying - including electronics such as a cellphone," Keen said. "You need to be focused for effective retention."

2. Do not wait until the last minute to study

"Avoid cramming a large

quantity of material in a short period of time," Albert Hamscher, professor of history, said. "Working in segments reduces panic and gives one control of the situation."

According to Chegg.com, the finals rule of thumb is to study for 40-50 minutes and then take a 10-15 minute break.

3. Study in pairs or groups if it makes sense

Many students believe that a study group always affords an advantage: more brainpower plus peer pressure to crack the books. This works well

when your study buddies are at least as smart as you, according to Chegg.com.

"It is especially good to talk with someone about what you are studying - saying it helps, as does writing it," Bruce Glymour, head of the philosophy department, said.

4. Use all of your resources

According to USNews.com, it is important to be sure that in preparing for finals, you've considered all the materials of the course: your lecture notes and section discussions,

the readings, any handouts, the homework, quizzes and previous tests. The learning outcomes provided on your course syllabus many times can serve as a study guide, according to Keen.

"These learning outcomes tell you what the professor thinks is most important about your class and what they hoped you would learn by the end of the semester," Keen said. "If this is what they think is important, I would also expect this is what they are trying to confirm you learned - excellent content for the final exam."

In order to perform the very best on final exams, It's important to pay attention to your mental and physical health. Remember to stay active, get plenty of rest and eat a good breakfast. In addition to that, one must find time to escape studying and take some time to de-stress, according to Huffington Post.

Final exams do not mean panic time. Follow these tips from professors to help survive finals week and you will be surprised to find that you remember a lot more than you think.

HOPPER | Greek goal to defy stereotypes

CONTINUED FROM PAGE 1

but it gets difficult handling all the rumors going around on social media about different chapters.

"One of my favorite things about Ben is that he says he has 'FOMO' which is 'fear of missing out,'" Henning said. "This is classic Ben because he loves people."

To Hopper, learning a new career and new area of student life has been a challenge, but he has learned a great deal so far. Since he was involved in so many K-State organizations during his time as a student he said he wanted to give back and help students they way that others had helped him.

"Whether through his time as Delta Sig's adviser, working with UPC or in current position with Greek Affairs, it's evident Ben is personally invested in his work and in the students with whom he interact," said Cole Grieves,

New Student Services campus visit coordinator and Hopper's fraternity brother.

Grieves and Hopper met when he was a member of Delta Sigma Phi and Hopper was an adviser. He said Hopper helped him grow personally and professionally through their work together on campus.

Though Hopper is the director, he said the students are running the meetings and facilitating recruitment.

"They are doing some incredible work and it's very empowering to see students get to shine like that," Hopper said.

Hopper works hard to make sure students are getting the most out of their experience at K-State.

"He is good at finding people's strengths and utilizing them. You can easily tell he is passionate about students," alumna Lyndi Stucky, who also worked with Hopper at UPC, said.

K-State's greek community is made up of 4,000 students who, according to Hopper, are a part of something that is bigger than themselves. He thinks that if these students let the greek organizations develop them into better men and women, then the effect they can make on K-State and the world will be incredible.

"Our goal this year is to defy stereotypes and exceed standards," Hopper said. "We hope our students live up to their full potential, maximize their relationships and be the best they can be."

Although Hopper said he likes to focus on work and doing selfless acts for the people around him, his efforts do not go unnoticed.

"He is just the most friendly and kindhearted man on the planet and there is no other Ben Hopper out there in the world," Henning said. "No one even comes close."

BRIEFS | Horticulture student receives scholarship

CONTINUED FROM PAGE 1

According to News and Communications Services, Nathan Nordstedt, junior in horticultural sciences, is one of 800 students nationwide selected to receive the Benjamin A. Gilman International Scholarship. Nordstedt will study in Prague in the spring of 2015.

"In addition to the courses that I will be enrolled in, this experience will allow me to experience another

side of the horticulture industry, outside of what I see here in America," Nordstedt said via email.

Nordstedt will be studying at Czech University of Life Sciences. He said he will be taking classes that he would not be able to take at K-State and is excited for the new experiences.

"I'm ready for the interesting food, making new friends and seeing what sort of adventures I can find," Nordstedt said via email.

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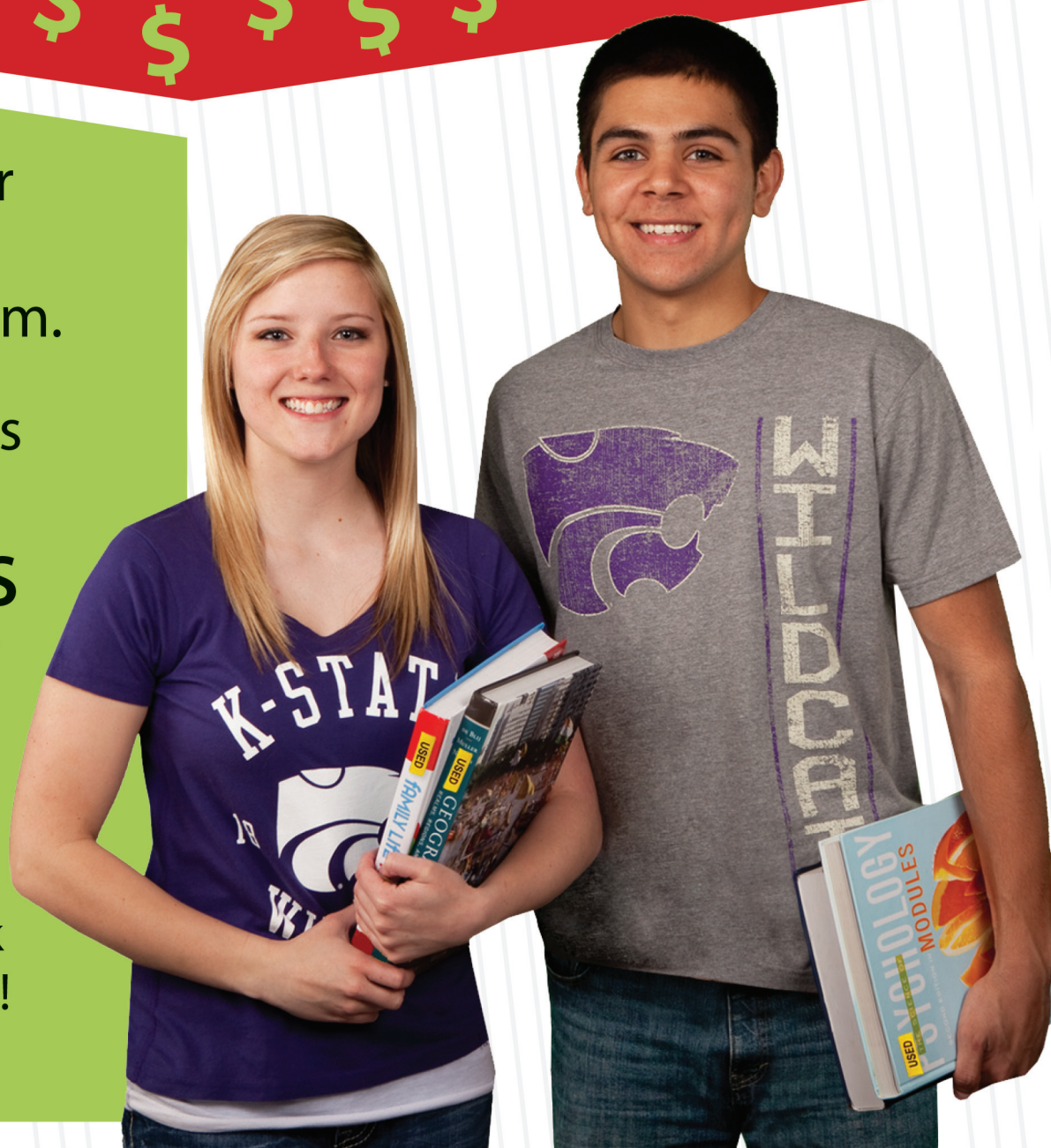
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